

# Feelings activity

## Contents:

- 1 instruction sheet
- 7 feeling faces cards
- 1 blank feeling face sheet
- 1 feelings bingo card

1. Review each of the different feeling faces cards
  - a. Label the feeling
  - b. Talk about what you see on the face for each feeling  
*Ex: a smile, a frown, a scowl, etc.*
  - c. Talk about things that make you and your child feel that feeling  
*Ex: “I feel scared when I hear a thunderstorm. What makes you feel scared?”*
  - d. Talk about what you can do to feel better when facing a negative emotion  
*Ex: “When I feel sad, a hug helps me feel better.”*
2. Use the enclosed blank face sheet and have your child draw the happy, sad, and mad face, and then a face of their choosing.
3. Use the enclosed feelings bingo card, and using the feelings faces cards, play Feelings Bingo. The center square has a blank face, allowing your child to draw their favorite feeling face in the middle. Use bingo chips so you can play the game multiple times.